



TREATMENT PLAN

CLIENT: Sue Quinn

DATE: 27/2/25

Practitioner: Leigh Gibbs

TREATMENT AIMS:

Initial Appt:

1. Reduce pain and inflammation in the GIT - herbs
2. Increase iron & ferritin - supplements/herbs
3. Improve mood, sleep, energy and nourish nervous system - supplements / herbs

Follow Up Appt

1. Address possible SIBO / gut health
2. DIET assessment
3. Reassess iron status
4. Address RLS.

Dietary /Lifestyle Requirements:

I have included a DietDiary/Symptom tracker. Please note down any foods eaten, when you experience discomfort/symptoms.

- On rising, either green juice or cup of water with freshly squeezed lemon and a pinch of Celtic sea salt. Lemon helps cleanse the liver and the sea salt will help provide your body with minerals for a hydrating start to your day. Caffeine on an empty stomach spikes stress hormones and sets you up for energy crashes later in the day. Tea/coffee are also diuretics and dehydrating. (= excess peeing) They also deplete your body of vital minerals and block absorption if drunk with food.
- BREAKFAST - food is needed to nourish our bodies and feed our metabolism. (Especially during perimenopause!) Breakfast is important as it kick starts our metabolism, helps regulate blood sugar and hormones, to begin the day.. Please try to enjoy a variety and include a decent serve of protein! Suggestions;
 - Overnight oats with plain yoghurt, berries/ goji / cranberries and some nuts and seeds if tolerated.



- Chia puddings. Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice.
- Smoothies with fruit, plain yoghurt, a collagen/protein powder, LSA (linseed, sunflower, almond meal - will help support oestrogen levels and provide essential fatty acids for nervous system, cardiovascular and brain health) + a non-dairy milk of your choice or coconut water. Sweeten with honey or maple syrup if needed.
- Eggs - any way you like to cook them, with optional sides of feta, avocado, rocket w olive oil, sautéed tomatoes, asparagus and mushrooms. Add herbs, salt & pepper.
- Toast with avocado, sardines, sprouts/rocket, squeeze of lime juice salt and pepper.
- COFFEE - Please enjoy your coffee 30mins AFTER breakfast. Coffee causes a spike in stress hormones and sets you up for crashes later in the day. Its also very dehydrating.
- LUNCH AND DINNER - aim to eat most of your calories before 7pm and have protein as 1/3 of the plate. An earlier, lighter dinner is better for digestion, sleep, weight control and hormonal health.
- REFINED CARBOHYDRATES - please steer clear of all refined carbs. Alcohol, white breads, croissants, hot chips, potatoes, cakes, muffins, sugar, dairy milk chocolate etc. Dark chocolate is ok. Aim for 70-80% cacao. And only 4-6 squares per day.
- VITAMIN C - is very important for adrenal health. Eat or drink Vit C rich foods every day. (Kiwi fruit is very rich in C!)

SUPPLEMENTS: Please make sure all supplements/herbs are taken at least 1/2hr away from coffee

- **Iron** - increase iron levels and reduce RLS
*DOSE: 1 tablet before breakfast, **every 2nd day.*
- **Digestive Enzymes Plus** - to increase digestive function and improve nutrient absorption.
DOSE: 1 tablet at the beginning of each meal
- **Vit B's** - to support blood health, mental health, energy and immune function
DOSE: 1 capsule with breakfast, on alternate days to iron
- **Zinc** - to support immune function, nervous system, hormonal health.
DOSE: 1 tablet on the days you take the B's. With Food
- **GIT Herbal Tonic** - to relieve gastric pain, bloating, support digestion.
DOSE: 2ml in a little water, 3 x day - any time as needed.
- **N/S SLS Herbal Tonic** - to support anxiety, energy, mood, blood health and restless legs.
DOSE: 5ml in a little water, 2 x day, morning & afternoon.
- **Basica** - Mineral drink to support fluid balance, nervous system, inflammation and restless legs.
DOSE: 1 tbsp in 200ml water, 1 x day (anytime is fine)
- **MagTri Restful Night** - improve sleep onset and maintenance and nervous system.
DOSE: 1 scoop in 200ml water, 1 hour before bed.



Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Iron - every 2nd day	1 tablet			X		
Digestive Enzyme	1 tablet	1 tablet	1 tablet		X	
Vit B's - alternate with Iron	1 tablet					X
Zinc - on the day you take B's	1 tablet				X	
GIT herbal Tonic	1-2ml	1-2ml	1-2ml			X
N/S RLS Herbal Tonic	5ml		5ml			X
Bassica - 1 tbsp in 200ml water			1 tbsp	Any time in the afternoon		
MagTri Restful Night			1 scoop in 200ml, 1hr before bed			

Referrals and Testing:

Retest bloods after follow up appointment.

Next Appointment: Thursday 20th March

